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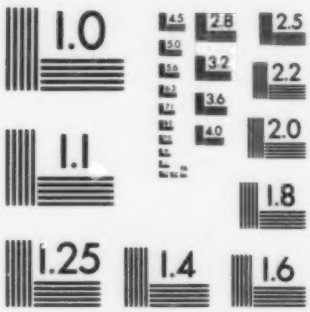

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NORTH AMERICAN SELF-HELP CLEARINGHOUSE RESOURCE CATALOGUE

CANADIAN COUNCIL ON SOCIAL DEVELOPMENT

CONSEIL CANADIEN DE DÉVELOPPEMENT SOCIAL

THE CANADIAN COUNCIL ON SOCIAL DEVELOPMENT

Founded in 1920, the Canadian Council on Social Development (CCSD) is an independent, national, non-profit organization. Through research, policy analysis, community consultation and information sharing, the CCSD provides a forum for citizen participation in the formulation of progressive social policies.

The CCSD is the only national organization whose mandate and involvement embrace all aspects of social development and social policy. Since its beginning, the Council has been actively involved in the evaluation of existing programs, the identification of essential improvements, and the promotion of needed developments. It has been a positive, non-partisan advocate of social measures such as universal inoculation, pensions, unemployment assistance, worker's compensation, medicare, legal aid, daycare, and social and cooperative housing. The Council played an active role in the development of the Canada Assistance Plan and the Child Tax Credit, and has been a promoter of the Guaranteed Annual Income concept, self-help, voluntarism and community economic development.

The CCSD is not a "think tank". It **is** the only national social research, advocacy and policy organization with an open public membership. CCSD's analyses, opinions, research and information reflect not only highly professional technical work but also the active analysis and shared experience of its broadly representative membership.

The Council's diverse membership includes concerned individuals as well as representatives from business, labour, government, public and private service organizations, voluntary associations and institutions. An annual meeting of the membership reviews the year's program and financial activities. Council activities are directed by a voluntary, 39-member Board of Governors. Board members are formally elected at the annual meeting for terms of one, two and three years.

The CCSD is a major publisher in the field of social development. Publications include books, research reports, policy briefs and occasional papers, as well as four bilingual periodical publications: **Perception**, Canada's social development magazine; and three quarterly national newsletters — **Overview**, reviewing current developments in social policies and programs; **Initiative**, serving the self-help community; and **Vis-à-vis**, exploring family violence issues.

National headquarters of the CCSD are located at 55 Parkdale Avenue, Ottawa, Ontario, K1Y 4G1. Tel: (613) 728-1865; FAX: (613) 728-9387. CCSD also has a Quebec office, located at 1074 Berri St., Montreal, Quebec, H2L 4X2. Tel: (514) 288-1687; FAX: (514) 288-6723. Membership information is provided on the inside back cover.

LE CONSEIL CANADIEN DE DÉVELOPPEMENT SOCIAL

Fondé en 1920, le CCDS est un organisme national indépendant à but non lucratif. Le Conseil encourage les citoyens à participer à l'élaboration de politiques sociales progressistes par des recherches indépendantes, des analyses de politiques, des consultations communautaires et la diffusion d'information.

Le CCDS est le seul organisme national dont le mandat et le secteur d'activités recouvrent tous les aspects du développement et de la politique à caractère social. Depuis ses débuts, le Conseil participe activement à l'évaluation des programmes actuels, à l'identification des améliorations nécessaires et à la promotion des solutions indispensables. Il s'est fait le porte-parole positif et non partisan de mesures sociales telles que les vaccins universels, les pensions, l'aide aux chômeurs, l'indemnisation des accidentés du travail, l'assurance-santé, l'aide juridique, les garderies, ainsi que le logement social et coopératif. Le Conseil a participé activement à l'élaboration du Régime d'assistance publique du Canada et du crédit d'impôt pour enfants; il a de plus appuyé les concepts du revenu annuel garanti, de l'entraide, du bénévolat et du développement des ressources communautaires.

Le CCDS est le seul organisme national de recherche, de politiques sociales et de représentation qui recrute ses membres parmi le public. L'information, les analyses, opinions et recherches produites par le Conseil découlent non seulement d'un travail technique hautement professionnel mais aussi de la réflexion et de l'expérience de membres qui représentent tous les intérêts promus par le Conseil.

Le CCDS compte des personnes intéressées et des représentants d'entreprises, de syndicats, de gouvernements, d'établissements, d'associations bénévoles, ainsi que d'organismes publics et privés offrant des services. Les membres du Conseil se réunissent chaque année afin d'examiner le programme et les activités financières du CCDS. Un bureau des gouverneurs composé de 39 membres bénévoles dirige les activités du Conseil. Les gouverneurs sont élus officiellement lors de la réunion annuelle pour un mandat d'un, deux ou trois ans.

Principal éditeur dans le secteur du développement social, le CCDS publie notamment des livres, des comptes rendus de recherches, des mémoires de politiques, des documents de réflexion, de même que quatre périodiques bilingues: **Perception**, magazine canadien sur le développement social; et trois bulletins nationaux trimestriels: **Perspectives**, sur l'actualité sociale nationale; **Initiative**, sur les groupes d'entraide et **Vis-à-vis**, sur la violence familiale.

Le siège social du CCDS est situé au 55, av. Parkdale, Ottawa (Ontario) K1Y 4G1. Tél: (613) 728-1865; Télécopieur: (613) 728-9387. Le CCDS a aussi un bureau du Québec à Montréal, situé au 1074, rue Berri, Montréal (Québec) H2L 4X2. Tél: (514) 288-1687; Télécopieur: (514) 288-6723. On trouvera des détails complémentaires sur l'adhésion à l'intérieur de la couverture arrière.

NORTH AMERICAN
SELF-HELP CLEARINGHOUSE
RESOURCE CATALOGUE

Prepared by
Sharon Miller

Canadian Council on Social Development

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The catalogue was prepared by Sharon Miller, Research Assistant at the Saskatchewan Self-Help Development Unit.

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Acknowledgements

We would like to express our appreciation to the following persons and organizations for their assistance with this project:

- to the Canadian Council on Social Development for funding the development and publication of this resource catalogue;

- to Ed Madara and the New Jersey Self-Help Clearinghouse for permission to use their listings of American and International clearinghouses;

- to Mary Huber at the New York State Self-Help Clearinghouse for the complete listing of the local New York clearinghouses;

- to the clearinghouse directors who let us know of new clearinghouses that we had missed in our first contact;

- to Hector Balthazar for his assistance in the development of the project, and for providing contacts for the Canadian clearinghouses; and,

- to all the clearinghouses who so willingly provided information about their materials and programs.

The information included in this catalogue was obtained by contacting all the clearinghouses we were aware of and asking each of them to let us know of any that we may have missed. In spite of this, we know that we have probably missed a few.

We have listed all clearinghouse resources that are available either to other clearinghouses or to community agencies, but have not included information lines, local services to groups, nor copyrighted journal articles.

We hope that you find the catalogue useful and informative.

For changes or additional information
mail catalogue listing form to:

Saskatchewan Self-Help Development Unit
410 Cumberland Ave North
Saskatoon, Saskatchewan
S7N 1M6

Introduction

The idea for this Resource Catalogue grew out of discussions at the 2nd meeting of self-help clearinghouse directors, held in Dallas, Texas, December, 1985. Many participants at that meeting expressed concern about the need for materials and the importance of building on other clearinghouses' experiences, rather than "reinventing the wheel." As summarized in the report of the meeting:

> "Many of the suggestions emphasized the importance of networking between clearinghouses and developing a resource catalogue of what each clearinghouse could share with other units in terms of technology, directories, newsletters, media-oriented materials and articles about specific groups or clearinghouse activities, organized around basic issues such as health or mental health" (Report on the 2nd Meeting of Self-Help Clearinghouse Directors, p. 13).

Other participants felt that a resource catalogue would be useful in documenting which materials had already been developed to address common needs or issues, and which resources were lacking. Directors of new clearinghouses could use a resource catalogue to help them identify where to go for help, as each clearinghouse seemed to have developed different areas of expertise.

The spirit of these comments reflected the co-operation and sharing that is part of the self-help approach, although concern was also expressed about the need to acknowledge each others' work. These expressions were formalized as a guideline for the newly formed <u>International Network for Mutual Help Centers</u>, as follows:

> "We reaffirm the sharing, co-operation and dissemination of information among us all with acknowledgement of the authors and sources of that information" (Report on the 2nd Meeting of Self-Help Clearinghouse Directors, p. 28).

It is in this spirit that the Saskatchewan Self-Help Development Unit undertook the task of collecting and compiling the information in this Catalogue. We encourage all who use these clearinghouse materials to seek permission for adapting or reprinting <u>any</u> materials, and to give full credit to those clearinghouses who have so willingly shared their work.

Self-Help Clearinghouses
Addresses, telephone numbers, contact persons

CANADA

Canadian Council on Social Development
Conseil Canadien de Développement Social
P.O. Box 3505, Station C
Ottawa, Ontario
Canada K1Y 4G1
(613) 728-1865
Hector Balthazar and Karen Hill

C.A.M.A.C. - Centre d'Aide Mutuelle, Inc.
C.P. 535, Succ. Desjardins
Montréal (Québec)
Canada H5B 1B6
(514) 341-1440
M. Jean-Claude Boisvert, President

Family Life Education Council of Calgary
233 - 12th Avenue S.W.
Calgary, Alberta
Canada T2R 0G9
(403) 262-1117
Sonia Eisler, Executive Director

Metro Toronto Self-Help Clearinghouse
Northern District Library, Suite 215
40 Orchard View Blvd.
Toronto, Ontario
Canada M4R 1B9
(416) 487-4355
Dr. Rubin Todres, Board President

Saskatchewan Self-Help Development Unit
410 Cumberland Ave North
Saskatoon, Saskatchewan
Canada S7N 1M6
(306) 652-7817 - Information and Referral Line
(306) 652-7949 - Administrative Line
Richard Wollert, Director
Sharon Miller, Research Assistant

Winnipeg Self-Help Resource Centre Inc.
Box 3748, Station B
Winnipeg, Manitoba
Canada R2W 3R6
(204) 589-5500
David Kerr

The following agencies are in the early stages of organizing clearinghouse services in their communities or are the "unoffical" clearinghouse for their area:

Canadian Mental Health Association, Halifax Branch
5739 Inglis Street
Halifax, Nova Scotia
Canada B3H 4H6
(902) 422-5800
Margot Clarke

Gatekeepers Project
Room 301, 83 Churchill Drive
Thompson, Manitoba
Canada R8N 0L6
(204) 778-8713
Carol Hiscock

Information Centre, Human Development Council
Box 6125, Station A
St. John, New Brunswick
Canada E2L 4R6
Mary Palmer, Co-ordinator

Old Forge Community Resource Centre
2730 Carling Avenue
Ottawa, Ontario
Canada K2B 4J1
(613) 829-9777
Barbara Lajeunesse, Executive Director

Self-Help Directory Project in West Edmonton
15626 - 100A Avenue
Edmonton, Alberta
Canada T5P 0L6
(403) 489-7792
Eugene Ip

United Way of the Lower Mainland
1625 West 8th Avenue
Vancouver, British Columbia
Canada V6J 1T9
(604) 731-7781
Barbara Grantham

Heart to Heart
7 Ridge Road
London, Ontario
Canada N5X 2M3
(519) 667-9970
Sandi Caplan

Self-Help/Mental Health
178 Walnut
Hamilton, Ontario
Canada L8N 2R7
(416) 522-8525 or 522-0127
Joan Hodgson

Faculty of Social Work
University of Victoria
Box 1700
Victoria, British Columbia
Canada V8W 2Y2
(604) 721-8046
Andy Farquharson

Département de Psychologie
Tour des Arts
Université Laval
Québec, (Québec)
Canada G1K 7P4
(418) 656-7496
Francine Lavoie

Mr. John MacDonald
4368 Kerry Drive
Burlington, Ontario
Canada, L7L 1W1
(416) 632-4626

UNITED STATES

California:

California Self-Help Center
U.C.L.A. Psychology Department
405 Hilgard Avenue
Los Angeles, California
U.S.A. 90024
(213) 825-1799; in California only 1-800-222-LINK
Gerald Goodman and Marion Jacobs, Co-directors

Merced County Self-Help Clearinghouse
Mental Health Association
Box 343
Merced, California
U.S.A. 95341
(209) 723-8861
Gerri Stewart, Co-ordinator

Sacramento Self-Help Clearinghouse
Mental Health Association
5370 Elvas Avenue, Suite B
Sacramento, California
U.S.A. 95819
(916) 456-2070
Pat Camper, Co-ordinator

San Diego Self-Help Clearinghouse
Box 86246
San Diego, California
U.S.A. 92138-6246
Ellen Murphy, Director

San Francisco Self-Help Clearinghouse
Mental Health Association
2398 Pine Street
San Francisco, California
U.S.A. 94115
(415) 921-4401
Mara Weiss, Co-ordinator

Self-Help Clearinghouse of Yolo County
Mental Health Association
Box 447
Davis, California
U.S.A. 95617
(916) 756-8181
Lori Kennedy, Co-ordinator

Connecticut:

Connecticut Self-Help/Mutual Support Network
19 Howe Street
New Haven, Connecticut
U.S.A. 06511
(203) 789-7645
Vicki Spiro-Smith, Co-ordinator
Marvin Steinberg and Sophie Tworkowski, Co-Directors

Illinois:

Self-Help Center
1600 Dodge Avenue, Suite S-122
Evanston, Illinois
U.S.A. 60201
(312) 328-0470
Daryl Isenburg, Director

Kansas:

Self-Help Network (formerly the Self-Help Center of Kansas)
Campus Box 34
Wichita State University
Wichita, Kansas
U.S.A. 67208-1595
David Gleason, Director

Massachusetts:

Massachusetts Clearinghouse of Mutual Help Groups
Massachusetts Co-operative Extension
113 Skinner Hall
University of Massachusetts
Amherst, Massachusetts
U.S.A. 01003
(413) 545-2313
Warren Schumacher, Director
Thomas Zink, Co-ordinator

Michigan:

Michigan Self-Help Clearinghouse
109 West Michigan Avenue, Suite 900
Lansing, Michigan
U.S.A. 48933
(517) 484-7373; in Michigan only 1-800-752-5858
Toni Young, Co-ordinator

Center for Self-Help
Riverwood Community Mental Health Center
1485 M-139
Benton Harbor, Michigan
U.S.A. 49022
(616) 983-0343
Linda Helenga and Rob Hess

Minnesota:

Minnesota Mutual Help Resource Center
919 Lafond Avenue
St. Paul, Minnesota
U.S.A. 55104
(612) 642-4060
Ron Brand, Clearinghouse Co-ordinator

Missouri:

Support Group Clearinghouse
Kansas City Association for Mental Health
1020 East 63rd Street
Kansas City, Missouri
U.S.A. 64110
(816) 361-5007
Sandy Saunders, Co-ordinator

Nebraska:

Self-Help Information Services
1601 Euclid Avenue
Lincolin, Nebraska
U.S.A. 68502
(402) 476-9668
Barbara Fox, Director
Joyce Burgess, Information Specialist

New Jersey:

New Jersey Self-Help Clearinghouse
St.Clares-Riverside Medical Center
Denville, New Jersey
U.S.A. 07834
(201) 625-9565; in New Jersey only 1-800-FOR-MASH
Ed Madara, Director

New York:

New York State Self-Help Clearinghouse
N.Y. Council on Children and Families
Empire State Plaza, Tower 2
Albany, New York
U.S.A. 12224
(518) 474-6293
Mary Huber, Director

Local Clearinghouses:

Brooklyn Self-Help Clearinghouse
Heights Hills Mental Health Service
30 Third Avenue
Brooklyn, New York
U.S.A. 11217
(718) 834-7341
Carol Berkvist, Director

Cattaragus County Self-Help Clearinghouse
American Red Cross - Olean Branch
130 South Union Street
Olean, New York
U.S.A. 14760
(716) 372-5800

Dutchess County Self-Help Clearinghouse
United Way of Dutchess County, Inc.
Box 832
75 Market Street
Poughkeepsie, New York
U.S.A. 12601
(914) 473-1500

Erie County Self-Help Clearinghouse
Mental Health Association of Erie County
1237 Delaware Avenue
Buffalo, New York
U.S.A. 14209
(716) 886-1242

Fulton County Self-Help Clearinghouse
Family Counselling Center
33 Bleecker Street
Gloversville, New York
U.S.A. 12078
(518) 725-4310

Community Action Planning Council of Jefferson County
Self-Help Clearinghouse
28 The Arcade Balcony
Box 899
Watertown, New York
U.S.A. 13601
(315) 785-0886

Long Island Self-Help Clearinghouse
New York Institute of Technology
Central Islip Campus
Central Islip, New York
U.S.A. 11722
(516) 348-3030
Pat Verdino, Director

Monroe County Self-Help Clearinghouse
Mental Health Chapter of Rochester/Monroe
973 East Avenue
Rochester, New York
U.S.A. 14607
(716) 271-3540

Niagara County Self-Help Clearinghouse
Mental Health Association in Niagara County, Inc.
151 East Avenue
Lockport, New York
U.S.A. 14094
(716) 433-3780
Charlene Bromley

New York City Self-Help Clearinghouse
1012 8th Avenue
Brooklyn, New York
U.S.A. 11215
(718) 788-8787
Fran Dory, Director

Onondaga County Self-Help Clearinghouse
The Volunteer Center, Inc
115 East Jefferson Street, Suite 300
Syracuse, New York
U.S.A. 13202
(315) 474-7011
Sally O'Conner

Tri County Self-Help Clearinghouse
Mental Health Association in Orange County, Inc.
225 Greenwich Avenue
Goshen, New York
U.S.A. 10924

Oswego County Self-Help Clearinghouse
365 West First Street
Fulton, New York
U.S.A. 13069
(315) 598-1964

Rockland County Self-Help Clearinghouse and Information Center
Mental Health Association of Rockland
Sanatorium Road, Building J
Pomona, New York
U.S.A. 10970
(914) 354-0200 Ext. 3601
Robert Page

St. Lawrence County Self-Help Clearinghouse
Reachout of St. Lawrence County, Inc.
203 Sisson Hall
Potsdam College
Potsdam, New York
U.S.A. 13676
(315) 265-2422

Schenectady County Self-Help Clearinghouse
Human Services Planning Council of Schenectady County, Inc.
432 State Street, Room 220
Schenectady, New York
U.S.A. 12305
(518) 372-3395

Schuyler/Chemung Counties Self-Help Clearinghouse
Economic Opportunties Program, Inc.
207 South Catherine Street
Montour Falls, New York
U.S.A. 14865
(607) 535-2469

Tompkins County Support Group Clearinghouse
Tompkins County Mental Health Association
313 North Aurora Street
Ithaca, New York
U.S.A. 14850
(607) 273-9250

Westchester Self-Help Clearinghouse
Westchester Community College
Academics Arts Building
75 Grasslands Road
Valhalla, New York
U.S.A. 10595
(914) 347-3620
Leslie Borck, Director
Lenore Rosenbaum, Co-ordinator

Haitian Self-Help Group Program
Haitian Centers Council, Inc.
50 Court Street, Suite 605
Brooklyn, New York
U.S.A. 11201
(718) 855-7275

Oregon:

North West Regional Self-Help Clearinghouse
718 West Burnside Street
Portland, Oregon
U.S.A. 97209
(503) 222-5555 I & R
(503) 226-9360 Administrative
Doreen Akkerman, Co-ordinator

Pennsylvania:

Self-Help Group Network of the Pittsburg Area
710 1/2 South Avenue
Wilkensburg, Pennsylvania
U.S.A. 15221
(412) 247-5400
Betty Hepner, Co-ordinator

Self-Help Information Network Exchange (S.H.I.N.E.)
225 N. Washington Avenue
Park Plaza, Lower Level
Scranton, Pennsylvania
U.S.A. 18503
(717) 961-1234
Arlene Hopkins, Director

South Carolina:

Midland Area Support Group Network
Lexington County Hospital
2720 Sunset Boulevard
West Columbia, South Carolina
U.S.A. 29169
(803) 791-2426
Becky Stone, Co-ordinator
Lindy Watson, Assistant Co-ordinator

Texas:

Dallas Self-Help Clearinghouse
Mental Health Association of Dallas County
2500 Maple Avenue
Dallas, Texas
U.S.A. 75201-1998
(214) 871-2420
Carol Madison, Director

Tarrant County Self-Help Clearinghouse
Mental Health Association of Tarrant County
3136 West 4th Street
Fort Worth, Texas
U.S.A. 76107-2113
Priscilla Garb

Vermont:

Vermont Self-Help Clearinghouse
c/o Parents Anonymous
Box 829
Montpelier, Vermont
U.S.A. 05602
(802) 229-5724; in Vermont 1-800-544-5030
Linda Johnson, Co-ordinator

Washington, D.C.:

Self-Help Clearinghouse of Greater Washington
Mental Health Association of Northern Virginia
100 N. Washington Street, Suite 232
Falls Church, Virginia
U.S.A. 22046
(703) 536-4100
Linda Figeurosa, Director
Mikki Staab, Co-ordinator

Washington:

Crisis Clinic / Thurston and Mason Counties
Box 2463
Olympia, Washington
U.S.A. 98507

Wisconsin:

Continuing Education in Mental Health
University of Wisconsin Extension
610 Langden Street
Madison, Wisconsin
U.S.A. 53706
Roger Williams

National:

National Self-Help Clearinghouse
City University of New York Graduate Center
33 West 42nd Street, Room 1206A
New York, New York
U.S.A. 10036
(212) 840-1259
Frank Reissman, Director

INTERNATIONAL CENTRES

We have listed addresses and contact persons for clearinghouses we are aware of in other countries, however we do not have information on the resources available.

International Information Center on Self-Help and Health
E.van Evenstraat 2 C
B-3000 Leuven
Belgium
Jan Branckaerts, Director

Austria:

Servicestelle Fur Selbsthilfegruppen
Schottenring 1 - 24/3/31
a-1010 Vienna
Austria
Ilse Forster, Director

England:

National Self-Help Support Center
National Council for Voluntary Organizations
26 Bedford Square
London WC1B 3HU
England
Ms. Mai Wann, Director

The Self-Help Team
Mansfield Road 114
UK-Nottingham HG5 3HL
England
Judy Wilson, Director

The Self-Help Alliance
Lower King's Road 29
Berkhamsted
UK-HERBS HP4 2AB
England

The Self-Help Group Project
Leicester Council for Voluntary Services
De Montfort Street 32
UK-Leicester LE1 7GD
England

Help for Health Project
Wessex Regional Library Unit
South Academic Bloc
Southampton General Hospital
UK-Southampton S09 4XY
England

Germany:

Nationale Kontakt-Und Informationsstelle zur Anregung und Unterstutzung
von Selbsthilfegruppen (NAKOS)
Albrecht-Achilles-Straebe 65
D-1000 Berlin (West) 3
Germany
Klaus Balke, Director

Kontakt-und Informationsstelle fur Selbesthilfegruppen (KISS)
Gaubstrabe 21
D-2000 Hamburg 50
Germany

Deutsche Arbeitsgemeinschaft Selfsthillfegruppen e.V. (D.A.G.)
Friedrichstrabe 28
D-6300 Gieben
Federal Republic Germany

Israel:

National Self-Help Clearinghouse
American Jewish Joint Distribution Committee, Inc
J.D.C. Hill, Jerusalem
Israel 91034
Martha Ramon, Director

Japan:

Society for the Study of Self-Help Groups
Faculty of Science for Living
Osaka City University
3-138 Sugimoto
3 Chrome Sumiyoshiku
Osaka 558, Japan
Tomofumi Oka, Director

Netherlands:

Paco - Project
Rijksuniversiteit Limburg
Medische Faculteit
Beeldsnijdersdreef 101
NL-6200 MD Maastricht
Netherlands
Mimi Bremer Schulte, Director

Spain:

Programme 'Cronicat
Facultad de Medicina (Despacho 15)
Hospital de San Pablo
Padre Claret 167
E-Barcelona 08026
Spain

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S-9390 Arjeplog
Sweden
Bo Henricson, M.D. Contact Person

Switzerland:

Team Selbsthillfe Zurich
Wilfiedstrabe 7
CH-8032 Zurich
Switzerland
Midi Muheim, Contact Person

Yugoslavia:

College of Nursing
University of Zagreb
Mlinarska 38
Y-41000 Zagreb
Yugoslavia
Arpad Barath, Contact Person

Self-Help Clearinghouse Resources

BIBLIOGRAPHIES / RESOURCE COLLECTIONS

1. Compendium of Research in Self-Help/Mutual Aid

   This booklet contains the citations of research done in self-help/mutual aid up to 1987. The citations are either annotated or abstracted.

   Canadian Council on Social Development
   Box 3505, Station C
   Ottawa, Ontario
   K1Y 4G1

   Cost: to be determined (will appear in Initiative)

2. Help Yourself: Self-Help/Mutual Support Groups Resources Catalogue. A Guide to Print and Audio/Visual Materials for Starting and Maintaining Mutual Support Groups.

   Contains resource listings including description and ordering information in the following categories:
   I. General information providing an overview of self-help/mutual support groups - pamphlets, fact sheets and videocassettes.
   II. Manuals on organizing and maintaining self-help/mutual help groups - generic; for specific types of groups; for professionals; and training curricula.
   III. Training materials for strengthening self-help/mutual support groups - group leadership skills; helping and communication skills; fundraising and grantsmanship; public relations; advocacy; self-help clearinghouses.

   California Self-Help Resource Center
   UCLA, Franz Hall
   405 Hilgard Ave
   Los Angeles, California 90024

   Cost: Free to self-help clearinghouses (quantity not to exceed 25)

3. Self-Help Groups: An Annotated Bibliography 1970-1982.
by Rubin Todres

An annotated bibliography covering most areas of the self-help/mutual support group phenomenon. A useful document for anyone wanting to read, study or research any specific area of self-help/mutual support.

In Canada:
Canadian Council on Social Development
Box 3505, Station C
Ottawa, Ontario
K1Y 4G1
Cost: free (distribution rights for Canada only)

In the United States:
National Self-Help Clearinghouse
Graduate School and University Center of the City University of New York
33 West 42nd Street, Room 620N
New York, New York 10036

Cost: $8.00 (U.S.)

BROCHURES

1. Erie County Self-Help Clearinghouse Brochure

   A brochure describing the services of the clearinghouse.

   Erie County Self-Help Clearinghouse
   Mental Health Association of Erie County
   1237 Delaware Avenue
   Buffalo, New York 14209-1490

   Cost: free

2. "If you need help, find the people helping each other"

   A brochure describing self-help groups, the structure of self-help groups, self-help and professionals, the services that the clearinghouse offers, and a brief explanation of how the clearinghouse began. It also lists the topics that groups in the area address and issues they have identified as needing new groups.

   Self-Help Clearinghouse of Cattaragus County
   American Red Cross - Olean Branch
   130 South Union Street
   Olean, New York 14760

   Cost: free

3. Rockland County Self-Help Clearinghouse Brochure

   A brochure describing the activities and services of the Rockland Clearinghouse.

   Rockland County Self-Help Clearinghouse and Information Center
   Mental Health Association of Rockland
   Sanatorium Road, Building J
   Pomona, New York 10070

   Cost: free

4. S.H.I.N.E. Brochure

The S.H.I.N.E. brochure is regularly distributed as a public relations tool to promote S.H.I.N.E. and the regional self-help groups. The brochure highlights the services provided by S.H.I.N.E. and provides a listing of over 120 regional support groups.

Self-Help Information Network Exchange
225 North Washington Ave
Park Plaza - Lower Level
Scranton, Pennsylvania 18503

Cost: $1.00 (U.S.) includes postage and handling.

5. "Talk to someone who knows just how you feel..join a self-help group"

Brochure that explains the value and characteristics of self-help groups. Partial listing of Dallas self-help groups.

Dallas Self-Help Clearinghouse
Mental Health Association of Dallas County
2500 Maple Avenue
Dallas, Texas 75201-1998

Cost: 10 free, additional copies @9 cents each, plus postage.

6. Self-Help/Support Groups and Group Process

General information or information related to specific groups.

Family Life Education Council
223- 12 Ave. S.W.
Calgary, Alberta
Canada, T2R 0G9

Cost: varies, some of it is free.

COMMUNITY SERVICES

1. Befriender Project

A training program and consultation package which prepares volunteer Befrienders to reach out, on a one-to-one basis, to those going through a personal or family crisis. Newsletter four times a year.

Minnesota Mutual Help Resource Center
919 Lafond Avenue
St. Paul, Minnesota 55104

Cost: n/a

2. Community Care Unit Training Programs

Training programs and workshops emphasizing group leadership skills useful in organizing and facilitating groups on a variety of topics. Some workshops offered are:

- Effective Group Leadership (basic course)
- Advanced Group Leadership
- Working with Children in Groups
- Grief Facilitator Training
- Parent Support Training
- Effective Board and Community Leadership
- Critical Moments in Groups
- Breathing New Life into Groups

Minnesota Mutual Help Resource Center
919 Lafond Avenue
St. Paul, Minnesota 55104

Cost: varies from $25.00 to $150.00 (U.S.)

3. Self-Help Group Development Program

Program offered through the local community college with six sessions on different self-help areas. These sessions focus on information and support, with the possibility of forming groups around specific issues.

Niagara Self-Help Clearinghouse
Mental Health Association in Niagara County, Inc.
151 East Avenue
Lockport, New York 14094

Cost: n/a

4. Sacramento-Placer Self-Help Training Project

Eight session training program for self-helpers, including introduction to self-help, starting a group, leadership in self-help groups, group communication skills, and problem solving techniques.

Sacramento Self-Help Clearinghouse
Mental Health Association
5370 Elvas Avenue, Suite B
Sacramento, California 95819

Cost: $5.00 for program materials and postage.

5. Self-Help/Mutual Aid for Family Life Education

The Family Life Education Council (FLEC) specializes in the development of resources and services that facilitate mutual aid and self-help. FLEC also acts as a clearinghouse for information, a referral network, provides support for leaders, and a linkage of community organizations.

Services include:

a) Consultation:
- Planning learning approaches that extend the resources and complement the goals of groups and organizations.
- Group facilitation training designed to promote mutual aid/self-help and respond to special needs.
- Workshop design on a range of family life education topics with special needs adaptation.

b) Program Delivery:
Fully trained FLEC leaders are assigned to facilitate workshops that address unique needs and goals of organizations or groups. All resource materials, including handouts, brochures and audio-visual material are supplied by FLEC's resource centre.

c) Leadership Development:
FLEC's leaders are graduates of an extensive training program in mutual aid/self-help processes. It provides an introduction to contemporary and self-help aspects of family life education, and includes an internship for practical training to conduct effective workshops. FLEC also provides on-going support and information to all its leaders.

d) Resource Centre:

FLEC's resource centre offers:
- a Directory of educational/self-help groups.
- a library of over 750 books, journal articles, training modules and leader kits, video tapes, special reports and publications, and agency information files.

Family Life Education Council of Calgary
233 - 12th Avenue S.W.
Calgary, Alberta
T2R OG9

Cost: varies

CONFERENCES / CONFERENCE PROCEEDINGS

1. Annual Support Group Conference

   The Kansas City Association for Mental Health sponsors an annual conference for support group members and facilitators. Workshops include: how to start and maintain a support group; how to access the media; professional roles in support groups; empowering others to take leadership roles; fundraising; and, understanding group processes.

   Support Group Clearinghouse
   Kansas City Association for Mental Health
   1020 East 63rd Street
   Kansas City, Missouri 64110

   Cost: $10.00 - $15.00 (U.S.)

2. Linkages: A Self-Help Symposium. A Report by Flora MacLeod

   Summary proceedings of a Self-Help Symposium held in Vancouver, B.C., November 14/15, 1986. Speaker's topics included: Professions and self-help: Opportunity or threat; Partnership: how to get there; Self-help: Common characteristics, common needs; Major issues facing self-help today; and, Linkages: The future. Also includes notes on symposium format and planning process.

   United Way of the Lower Mainland
   1625 West 8th Avenue
   Vancouver, British Columbia
   V6J 1T9

   Cost: $3.00

3. Program on Self-Help/Mutual Aid: 22nd International Conference on Social Welfare, 1984.

This program comprised five sessions dealing with the themes of: clearinghouses; the relationship of professionals to self-help groups; research; curriculum development for professional schools; and, the role of governments. This comprehensive report describes one of the most important international gatherings of proponents of self-help/mutual aid, with presentations by a number of world authorities on the subject of self-help.

Canadian Council on Social Development
Box 3505, Station C
Ottawa, Ontario K1Y 4G1

Cost: $8.00 (Can.), $6.00 (U.S.)

4. Report on the 2nd Meeting of Self-help Clearinghouse Directors, Dallas, Texas, December, 1985. By Sharon Miller and Richard Wollert

A comprehensive report on a meeting of self-help clearinghouse directors and supportive individuals. Topics discussed included: clearinghouse funding: public and private sources; information and referral techniques; networking among clearinghouses; sharing clearinghouse resources; the relationship between state/provincial clearinghouses and local clearinghouses; the role of the National Clearinghouse; and, the formation of an international clearinghouse network. Includes list of participants, meeting agenda, and special programs developed by clearinghouses.

Canadian Council on Social Development
Box 3505, Station C
Ottawa, Ontario
K1Y 4G1

Cost: $3.00 (Can.), $2.25 (U.S.)

DIRECTORIES

1. **Berrien County Self-Help Directory**

   A directory of self-help groups meeting in or near Berrien County, Michigan. Contains descriptions of groups, their contact people, meeting times and locations. Includes explanations of self-help philosophy, basic group development suggestions and a description of the Center for Self-Help and Clearinghouse services.

   Center for Self-Help
   Riverwood Community Mental Health Center
   1485 M-139
   Benton Harbor, Michigan 49022

   Cost: free

2. **Connecticut Directory of Self-Help/Mutual Support Groups 1986/87**

   A directory of self-help groups in the New Haven area. The Directory is updated via the Newsletter, three times a year.

   Connecticut Self-Help/Mutual Support Network
   19 Howe Street
   New Haven, Connecticut 06511

   Cost: $10.00 (U.S.) (includes newsletter)

3. Directory of Self-Help Groups in Saskatchewan

A comprehensive listing of over 250 self-help groups in the province of Saskatchewan. Each listing includes contact persons, phone numbers, mailing addresses, group objectives/ purpose and activities. Groups are categorized by the New New Jersey taxonomy: Abilities/Disabilities, Addictions/ Dependencies, Bereavement/Death, Health Concerns, Mental Health Concerns, Pare ting, Singles/Divorce, Women's/Men's Groups, Other Groups, and Information Resources, and listed alphabetically within each category.

Saskatchewan Self-Help Development Unit
410 Cumberland Ave North
Saskatoon, Saskatchewan
S7N 1M6

Cost: approximately $10.00, (currently part of evaluation project and available only to listed groups and selected agencies).

4. Directory of Pittsburg Self-Help Groups

A listing of 128 self-help groups in the Pittsburg area. Includes contact phone number and a brief description of each group.

Self-Help Network of the Pittsburg Area
710 1/2 South Avenue
Wilkensburg, Pennsylvania 15221

Cost: postage only

5. Directory of Self-Help Groups in Greater Vancouver

Annotated listing of 86 Lower Mainland self-help groups with addresses and telephone numbers. Both organizational and subject indexes. 31 pages.

United Way of The Lower Mainland
1625 West 8th Avenue
Vancouver, British Columbia
V6J 1T9

Cost: $6.00

6. Directory of Self-Help Groups in Manitoba

A directory of Winnipeg self-help groups.

Winnipeg Self-Help Resource Centre
Box 3748, Station B
Winnipeg, Manitoba
R2W 3S6

Cost: To be determined

7. Directory of Self-Help Groups in Monroe County, New York, 1986.

Directory listing of 118 self-help groups identified in the Rochester, New York area.

Clearinghouse for Self-Help Groups of Monroe County
Mental Health Association of Rochester and Monroe Counties
One Mt. Hope
Rochester, New York 14620

Cost: $4.00 (U.S.)

8. Directory of Self-Help Mutual Aid Groups
Chicago Metropolitan Area, 1986

A comprehensive listing of over 1500 Chicago area groups addressing 300 afflictions and concerns. Includes introductory essays summarizing the nature and functions of self-help/mutual aid groups.

The Self-Help Center
1600 Dodge Avenue
Evanston, Illinois 60201

Cost: $10.00 (U.S.)

9. Directory of Self-Help Mutual Support Groups

A listing of active support/self-help groups in the Washington, D.C. metropolitan area (includes some Virginia and Maryland groups)

The Greater Washington Self-Help Coalition
c/o Mental Health Association of Northern Virginia
100 North Washington Street, #232
Falls Church, Virginia 22046

Cost: $6.25 (U.S.)

10. Directory of Self-Help/Mutual Support Groups

A resource directory of self-help/mutual support groups, primarily in and around the Wichita, Kansas area. Revised edition being expanded to include a statewide representation of groups.

Self-Help Network (formerly Self-Help Center of Kansas, Inc.)
Wichita State University
Campus Box 34
Wichita, Kansas 67208

Cost: $3.00 (U.S.) present edition
(when revision complete, price will increase to as much as $5.00)

11. Directory of Self-Help/Support Groups Serving the Residents of Dutchess County

The Directory is a supplement to the Dutchess County Directory of Community Services, published by Information Line of the United Way. It lists group contact persons, phone numbers, and meeting times/places for each group.

Dutchess County Self-Help Clearinghouse
United Way of Dutchess County, Inc.
Community Resources Division
Box 832
Poughkeepsie, New York 12002-0832

Cost: free until next edition

12. Directory of Wisconsin Farm and Rural Community Groups

This directory lists farm family support groups in Wisconsin, along with contact persons for the groups and a brief description of how each group functions. The directory also includes a listing of resources (programs, videotapes, newsletters) these groups have found to be helpful.

Roger Williams, Health and Human Services Outreach
University of Wisconsin-Madison
610 Langdon Street
Madison, Wisconsin 53703

Cost: $1.00 (U.S.) for Wisconsinites
$2.00 (U.S.) for out-of-state residents

13. Erie County Self-Help Directory

Listing of all self-help groups in Erie County.

Erie County Self-Help Clearinghouse
Mental Health Association of Erie County
1237 Delaware Avenue
Buffalo, New York 14209-1490

Cost: $5.00 (U.S.) plus postage

14. Fulton County Self-Help Directory

A listing of self-help groups in Fulton County, New York.

Fulton County Self-Help Clearinghouse
Family Counselling Center
33 Bleecker Street
Gloversville, New York 12078

Cost: free to agencies and medical personnel; for individuals, cost for printing and postage.

15. **Health and Mental Health Mutual-Aid/Self-Help Groups in Knox County and East Tennessee**

A directory of all mutual-aid/self-help groups in Knox County and East Tennessee, listing the contact person, target group, purpose, activities, staff, fees and phone number.

Overlook Center, Inc.
6906 Kingston Pike
Knoxville, Tennessee 37919

Cost: free

16. **The Kansas City Support Group Directory**

A comprehensive directory of support groups in the Kansas City metropolitan area. Information includes the names and telephone numbers of contact persons, national affiliations, times and locations of meetings, and general purpose of support groups. In addition, information about local and national hotlines is included.

Kansas City Association for Mental Health
1020 East 63rd Street
Kansas City, Missouri 64110

Cost: $15.00 (U.S.)

17. **Lackawanna County Self-Help Community Directory**

Lackawanna County's Self-Help Community Directory, published annually by the Self-Help Information Network Exchange, lists over 120 self-help organizations serving Lackawanna County/Northeast Pennsylvania. Each listing includes a brief description of group goals, meeting dates, locations and special features.

Self-Help Information Network Exchange
255 North Washington Ave
Park Plaza - Lower Level
Scranton, Pennsylvania 18503

Cost: $7.00 (U.S.) (includes postage and handling)

18. Lincolin - Omaha Directory

A directory of self-help groups in Nebraska's two largest cities. 8 pages.

Self-Help Information Service
1601 Euclid Street
Lincolin, Nebraska 68502

Cost: $1.00 each (U.S.); $25.00 (U.S.) for 100 copies

19. Massachusetts Clearinghouse of Mutual Help Groups Directory, Autumn, 1986

A statewide directory of mutual help groups in the Commonwealth of Massachusetts. Groups are listed according to type of need served (14 categories), and by county within each of these categories. Directory also includes a section on "Starting a Mutual Help Group".
Criteria for listing groups in this Directory are: (1) the group is composed of members having a vested interest in a special life challenge; (2) the group's authority and control rest with the members of the group; (3) the primary source of help and expertise is in the group itself; (4) the group has ongoing meetings; and, (5) the group is free or requests donation fees or membership fees to cover costs of operation.

Massachusetts Clearinghouse of Mutual Help Groups
Massachusetts Co-operative Extension
113 Skinner Hall
University of Massachusetts
Amherst, Massachusetts 01003

Cost: free

20. Meeting List of Self-Help Groups

A monthly listing of self-help group meeting times and places in Cattaragus County, New York. Call for information on group contact person and phone numbers.

Cattaragus County Self-Help Clearinghouse
American Red Cross - Olean Branch
130 South Union Street
Olean, New York 14760

Cost: free

21. Minnesota Mutual Help Support Group Directory

A directory of 2250 mutual help groups for 99 problem categories, such as: physical disabilities, mental health, grief, gender-related problems, seniors, caregivers, children, addictions, abusive behaviour, parenting, and unemployment. Listings include national and state organizations and one-of-a-kind model groups, and covers new areas of concern such as herpes, AIDS, caregivers, farm family support, and genetic disorders. Includes "referral tips", "how to" ideas for developing self-help groups and "notes to professionals".

Minnesota Mutual Help Resource Center
919 Lafond Avenue
St. Paul, Minnesota 55104

Cost: $13.00 (U.S.)

22. New York City Self-Help Directory, 1987-88

Listing of over 500 mutual aid/support groups in the five boroughs of New York City, as well as listings of national groups who do not have chapters in the area.

New York City Self-Help Clearinghouse
1012 8th Avenue
Brooklyn, New York 11215

Cost: $12.50 - $15.00 (U.S.) for new edition

23. Niagara Self-Help Clearinghouse Directory and Guide to Self-Help

Directory of all self-help groups within Niagara County in western New York. The Directory includes a listing of all groups by name, plus information about the specific groups, with contact names, addresses and telephone numbers. It also gives additional information on self-help in general, and what the clearinghouse can do for specific groups.

Niagara Self-Help Clearinghouse
Mental Health Association Inc.
151 East Avenue
Lockport, New York 14094

Cost: $3.00 (U.S.) donation, $.90 to mail

24. Schenectady Self-Help Directory: A Guide to Self-Help ~~Sppxt~~ Groups Serving Schenectady County

This directory contains descriptive information on all self-help support groups serving Schenectady County residents.

Schenectady Self-Help Clearinghouse
c/o Human Services Planning Council
432 State Street
Schenectady, New York 12305

Cost: $4.00 (U.S.)

25. Schuyler Human Resources Directory

A directory of Schuyler County Human Services Network, including a section listing self-help groups.

Schuyler-Chemung Self-Help Clearinghouse
Economic Opportunity Program, Inc.
207 South Catherine Street
Montour Falls, New York 14865

Cost: $2.50 (U.S.) plus postage

26. Self-Help Clearinghouse of Onondaga County: Directory of Self-Help Groups

Contains listings for approximately 160 different groups meeting in the Syracuse area and Onondaga County. Directory updates will be done two to four times per year, depending on need.

Self-Help Clearinghouse of Onondaga County
The Volunteer Center
115 East Jefferson Street, Suite 300
Syracuse, New York 13202

Cost: Write for information

27. **Self-Help Directory, Sacramento-Placer Counties**

Listing of self-help groups in Sacramento and Placer Counties including update service.

Sacramento Self-Help Clearinghouse
c/o Mental Health Association
5370 Elvas Avenue, Suite B
Sacramento, California 95819

Cost: $7.00 (U.S.)

28. **Self-Help Groups: A Directory of Family Support Resources**

This Self-Help Group Directory is intended for use by health professionals, counsellors, pastors and agency personnel who encounter persons in need or conflict. It is equally a resource for anyone looking for personal support and for all who have traditionally provided informal counselling in the community.

North West Regional Self-Help Group Clearinghouse
718 West Burnside
Portland, Oregon 97209

Cost: $16.50 (U.S.) (make cheque payable to United Way Publications)

29. **Self-Help Groups in London**

A directory listing of 65 self-help groups operating in London, Ontario. Also contains a brief explanation of self-help and provides a bibliography. Each group listing includes the contact person, phone number, meeting times and format, and membership fees, if any.

Department of Social Work
King's College
266 Epworth Avenue
London, Ontario
N6A 2M3

Cost: $3.00

30. Self-Help in Toronto

A listing of self-help groups and self-help resources available in the city of Toronto.

Metropolitan Toronto Self-Help Clearinghouse
Northern District Library, Suite 215,
40 Orchard View Blvd.
Toronto, Ontario
M4R 1B9

Cost: $3.00

31. The Self-Help Sourcebook: Finding and Forming Mutual Aid Self-Help Groups

A directory of U.S. national, with some international, self-help groups. Also includes model "demonstrational" groups. Brief sections with how-to's in developing groups from lay and professional perspectives. Introduction by Phyllis Silverman. 1986. 140 pages.

New Jersey Self-Help Clearinghouse
Attention: Sourcebook
St. Clares-Riverside Medical Center
Denville, New Jersey 07834

Cost: $9.00 (U.S.) for current edition
Make cheques payable to: "St. Clares-Riverside Foundation"

32. Whole Self-Help Directory

Comprehensive listing of mutual support groups in the five-county Bay area. Listed by county, subject and alphabetically. Over 1,500 sold.

Bay Area Self-Help Clearinghouse
c/o Mental Health Association of San Francisco
2398 Pine Street
San Francisco, California 94115

Cost: $5.00 (U.S.) including 4th class postage

33. **1986 Nebraska Directory of Self-Help Groups for Human Services**

Over 200 local, state and national contacts with recognized self-help mutual aid groups. Painstakingly prepared by self-help leaders with 22 years of experience in Nebraska. Backed by local health care providers. 33 pages.

Self-Help Information Service
1601 Euclid Street
Lincolin, Nebraska 68502

Cost: 1-10 copies.....$5.00 (U.S.) each
11-25 copies.....$4.50 (U.S.) each
26-50 copies.....$4.00 (U.S.) each
51-100 copies.....$3.50 (U.S.) each
100-500 copies....$3.00 (U.S.) each
501 and over.....$2.50 (U.S.) each

GRANT PROPOSALS / REPORTS

1. Chance and a Choice - The Story of a Halfway House and of the First Self-help Clearinghouse

   An 80-page history of Houses of Hope (25 years) and the Self-Help Information Service (22 years).

   Self-Help Information Service
   1601 Euclid Street
   Lincolin, Nebraska 68568

   Cost: $6.00 (U.S.)

2. Curriculum Development on Self-Help Mutual Aid for Professional Schools - A Compendium

   This booklet is a collection of articles on curriculum development of the self-help/mutual aid theme for professional schools. It will be of use to professionals already teaching this topic, others interested in doing so, and to all those responsible for the development of curriculum in professional schools.

   Canadian Council on Social Development
   Box 3505, Station C, 55 Parkdale Avenue
   Ottawa, Ontario
   K1Y 4G1

   Cost: to be determined

3. Developing Farm Family Support Groups

   This concept paper, written by Roger Williams, discusses the farm financial crisis, the importance of farm family support groups, ways support groups can address needs and provide healing, and how to get farm family support groups off the ground.

   Roger Williams, Health and Human Services Outreach
   University of Wisconsin-Madison
   610 Langdon Street
   Madison, Wisconsin 53703

   Cost: $1.00 for Wisconsinites
   $2.00 (U.S.) for out-of-state residents

4. **Organizing Community Support Groups**

This concept paper, written by Roger Williams as part of a Co-op Extension series entitled "Helping Others Help Themselves," identifies principles for organizing community support groups and highlights appropriate roles for professionals in this process.

Roger Williams, Health and Human Services Outreach
University of Wisconsin-Madison
610 Langdon Street
Madison, Wisconsin 53703

Cost: $1.00 for Wisconsinites
$2.00 (U.S.) for out-of-state residents

5. **Proposal for a Demonstration Project to Establish a Self-Help Clearinghouse in Metropolitan Toronto**

The proposal submitted by the Board of Directors of the Self-Help Clearinghouse of Metropolitan Toronto to obtain a demonstration grant for the establishment of a clearinghouse in Metropolitan Toronto.

Social Service Program Branch
Welfare Grants Directorate
Health and Welfare Canada
Room 726, Brooke Claxton Building
Ottawa, Ontario
K1A 1B5

Cost: free

6. **Report on the Developmental Project of the Metropolitan Toronto Self-Help Clearinghouse (Grant #4555-1-110)**

A feasibility study on the establishment of a self-help clearinghouse in Metropolitan Toronto, prepared by the Board of Directors of the Self-Help Clearinghouse of Metropolitan Toronto.

Social Services Program Branch
Health and Welfare Branch
Brooke Claxton Building
Ottawa, Ontario
K1A 1B5

Cost: free

"HOW TO" RESOURCES

1. Developing Self-Help Groups - General Steps and Guidelines for Professionals

   Provides general ideas and suggestions in the form of ten steps for professionals wishing to help individuals develop self-help groups. 1982. 4 pages.

   New Jersey Self-Help Clearinghouse
   St. Clares-Riverside Medical Center
   Denville, New Jersey 07834

   Cost: self-addressed legal size envelope; stamped if ordered from the U.S.

2. Group Self-Evaluation Instruments

   The purpose of these instruments is to "check in" periodically with group members in a structured manner. The instruments are easy to administer before or after meetings and can be analyzed by reading them over carefully. They can provide valuable information for planning, recruiting, or facilitating special "taking stock" meetings.

   Connecticut Self-Help/Mutual Support Network
   19 Howe Street
   New Haven, Connecticut 06511

   Cost: $5.00 (U.S.)

3. Helping You Helps Me, by Karen Hill
   (also available in French)

   A "how to" manual for individuals and groups wishing to start and maintain groups; revised and updated in 1987.

   Canadian Council on Social Development
   P.O. Box 3505, Station C
   Ottawa, Ontario
   K1Y 4G1

   Cost: $4.00 (Can.), $3.50 (U.S.)

4. How to Organize a Self-Help Group

A 48-page manual combining the experiences of both self-help experts and theoreticians, and covers topics such as: Getting started; How to learn about self-help; Purpose of the group; Membership; Organizational structure; Meeting space; First meeting; Group discussion; "People chains"; Developing a systematic approach; Newsletters; Publicity; Social action; Fundraising; Research; and, Professionals and self-help.

National Self-Help Clearinghouse
Graduate School and University Center
of the City University of New York
33 West 42nd Street, Room 620N
New York, New York 10036

Cost: $6.00 (U.S.)

5. Ideas and Consideration for Starting a Mutual Aid Self-Help Group

General guidelines, suggestions and steps that may be helpful in the development of a self-help group. 1981. Revised 1986. 2 pages.

New Jersey Self-Help Clearinghouse
St. Clares-Riverside Medical Center
Denville, New Jersey 07834

Cost: Self-addressed legal sized envelope; stamped if ordered from the U.S.

6. Leadership Issues in Self-Help/Mutual Aid

This short document describes the principal aspects of leadership in self-help/mutual aid groups. Originally meant as an insertion in the national newsletter, Initiative, it stands on its own as an aid to groups and facilitators in developing appropriate leadership skills.

Canadian Council on Social Development
P.O. Box 3505, Station C
Ottawa, Ontario
K1Y 4G1

Cost: free to subscribers of Initiative.

7. **Neighbor to Neighbor: A Do It Yourself Guide for Organizing Farm Family Support Groups.**

A "how to" manual for developing farm family support groups. Covers topics such as: Getting started: Setting group goals; Farm and family: A careful balancing act; Stress management strategies: Learning to cope; Communication skills: Promoting self-worth and preventing conflict; Change and its impact: Coping with grief and loss; Reaching out to others: The importance of support systems; Your personal financial situation: Taking stock; Looking at life/career options; Looking to the future. January 1987, Revised Edition.

Roger Williams, Health and Human Services Outreach
University of Wisconsin-Madison
610 Langdon Street
Madison, Wisconsin 53703

Cost: $1.00 for Wisconsinites
$6.00 (U.S.) out-of-state residents
$4.00 (U.S.) for more than 10 copies

8. **The New Partnership: Self-Help Groups and Helping Professionals**

This loose-leaf manual contains sections on all aspects of organizing a conference for professionals to learn about the opportunities for collaboration with self-help groups. It includes sections on program design, promotion, co-ordination and administration, and financial management, with sample forms and letters.

California Self-Help Center
U.C.L.A. Psychology Department
405 Hilgard Avenue
Los Angeles, California 90024

Cost: One copy per clearinghouse - free

9. Out of Work But Not Alone: Self-Help Groups for Unemployment

Reviews several self-help group models for these sources of social support, including regional advocacy networks and national groups affiliated with either churches or mental health centres, and those that are free-standing and independent, but serve special groups such as professionals, prisoners, etc. Descriptions are augmented by samples of actual newsletters, brochures, flyers and press coverage that groups have generated. A list of resources is provided. Helpful for people wishing to start groups. 1985. 38 pages.

New Jersey Self-Help Clearinghouse
St. Clares-Riverside Medical Center
Denville, New Jersey 07834

Cost: $5.00 (U.S.). Make cheque payable to "St. Clares-Riverside Foundation.

10. Self-Help Fair Resource Kit

A comprehensive "how-to" manual for organizing self-help fairs involving up to 12 groups in the planning process. It covers topics such as: Initial contacts; Planning and preparation; Meeting materials; Publicity; and, Follow-up and evaluation. Includes sample letters, planning meeting materials, press releases, information to participating groups, and evaluation forms.

Saskatchewan Self-Help Development Unit
410 Cumberland Avenue North
Saskatoon, Saskatchewan
S7N 1M6

Cost: $10.00

11. **Syllabus for Training Widowed-to-Widowed Network Volunteers**

A step-by-step syllabus designed to strengthen basic listening and helping skills of widows and widowers who will be matched as a mentor and companion to a newly bereaved person. Includes 4 sessions, 2 hours per session.

Westchester Self-Help Clearinghouse
Westchester Community College
75 Grasslands Road
Valhalla, New York 10595

Cost: free

12. **Syllabus for Training Informal Community "Natural Helpers" ni Basic Helping Skills.**

A self-by-step syllabus designed to strengthen basic helping skills of non-professional community helpers who are part of a community's informal support network. Includes 6 sessions, 2 hours per session.

Westchester Self-Help Clearinghouse
Westchester Community College
75 Grasslands Road
Valhalla, New York 10595

Cost: free

13. **Syllabus for Training Non-Professional Self-Help Group Leaders**

A step-by-step syllabus designed to facilitate group leadership skills among non-professional self-help group leaders. Included is the initial phone call made by a prospective group member, and nuts-and-bolts issues about self-help group leadership. Includes 4 sessions, 2 hours per session.

Westchester Self-Help Clearinghouse
Westchester Community College
75 Grasslands Road
Valhalla, New York 10595

Cost: free

14. **Youth Engaged in Self-Help: A Guide for Starting Youth Self-Help Groups**

Describes what these groups are and what they can do, who might start one, and what are the different roles that an adult plays. Ideas on how one might go about starting such a group are presented, along with possible meeting formats and topics. There are chapters on basic helping skills and on strategies for promoting youth ownership, as well as a list of resources for people interested in starting groups. 1985. 31 pages.

New Jersey Self-Help Clearinghouse
St. Clares-Riverside Medical Center
Denville, New Jersey 07834

Cost: $5.00 (U.S.). Make cheque payable to "St.Clares-Riverside Foundation"

MEDIA RESOURCES / COMPUTER RESOURCES

1. "And After Tomorrow" (film)

   A number of mothers of mentally disabled children have joined together as a self-help group to help deinstitutionalize their children and support community living situations that favour integration. These mothers play a brokerage role between their children's needs and the provision of services in the community. Their organization, The Community Living Society, stands as a model for other parents in similar situations. Also available on VHS or Beta.

   Canadian Council on Social Development
   Box 3505, Station C
   Ottawa, Ontario
   K1Y 1G4

   Cost: to be determined

2. "A Touch of Healing" (film)

   This film is an English version of "Les Coulisses de l'entraide", a film that clearly enunciates the goals and objectives of self-help/mutual aid. Testimonies reveal what individuals have lived through; a group of Compassionate Friends are seen in action in one of their meetings; dramatizations caricature some of the myths and truths about groups and traditional forms of therapy. Also available on VHS or Beta.

   Canadian Council on Social Development
   Box 3505, Station C
   Ottawa, Ontario
   K1Y 1G4

   Cost: to be determined

3. Common Concern Loan Program

Package of audio-cassette tapes and printed materials designed to guide a newly forming support group of five to ten people with a common concern through their first twelve sessions. The tapes teach basic face-to-face helping skills along with a variety of support group management procedures.

California Self-Help Center
U.C.L.A. Psychology Department
405 Hilgard Avenue
Los Angeles, California 90024
(California residents only)

Others to contact:
New Harbinger Publications
2200 Adeline Street, Suite 305
Oakland, California 94607

Cost: Free loan program to California residents only

4. "Les Coulisses de l'entraide" (film)

Ce film décrit ce qu'est l'entraide, ses buts et ses objectifs. Il y a des témoignages par lesquels on vient à connaître ce que les gens out vécu; on assiste a une séance des Amis Compatissants. Quelques saynètes traitent des problèmes que vivent les groupes et que aident à démystifier certaines de ces protiques.

Counseil canadien de Développement social
C.P. 3505, Succ. C
Ottawa, Ontario
K1Y 1G4

Cost: à déterminer

5. MASHnet Self-Help Clearinghouse Computer Software

A database management software package for the IBM line of computers that has been designed specifically for self-help clearinghouse operations. Provides for quick on-line entry, maintenance, and retrieval of data at four levels of sequential geographic search, as well as various other report printouts, and special directory publication capability. Includes easy to understand documentation; optional international/national (U.S.) database of 500 groups and models; technical assistance and phone support of up to one year (renewable through lower cost subscription). Purchase also includes provision of any enhancements developed for up to one year; also renewable through subscription. Available in Basic or D-Base III-Plus. Write or call (201) 625-7093 for further information.

New Jersey Self-Help Clearinghouse
Research and Evaluation Department
St. Clares-Riverside Medical Center
Denville, New Jersey 07834

Cost: $500.00 (U.S.)

6. Neighbor to Neighbor Program (videotape)

This tape focuses on the farm crisis, its ripple effects in rural communities, and the importance of support groups in dealing with the crisis. There is footage of a farm family support group meeting in the New London (Waupaca County) area. Copies of this 15 minute VHS tape are available from each county Extension Office in Wisconsin and from the Human Services Outreach Office.

Roger Williams
Health and Human Services Outreach
University of Wisconsin-Madison
610 Langdon Street
Madison, Wisconsin 53703

Cost: n/a

7. **Neighbor to Neighbor - Traveling Display**

A limited number of travelling table-top exhibits will be available through Health and Human Services Outreach. An excellent resource to use in conjunction with the Neighbor to Neighbor videotape to introduce this self-help concept.

Roger Williams
Health and Human Services Outreach
University of Wisconsin-Madison
610 Langdon Street
Madison, Wisconsin 53703

Cost: User groups are responsible to pay return postage

8. **"We've Been There" (film)**

"We've Been There" is a film that provides a panorama of self-help groups in North America, as well as the main issues and problems self-help groups encounter. Experts share their observations on many aspects of the self-help/mutual aid group phenomenon and on the self-help movement itself. Also available on VHS or Beta.

- "We've Been There" was a joint production by TV-Ontario and National Health and Welfare Canada. In the U.S., the film and videos are available from TV Ontario in Dallas.

Canadian Council on Social Development
Box 3505, Station C
Ottawa, Ontario
K1Y 1G4

Cost: to be determined

9. **"Yes, You Can" (film)**

The film depicts the life of an old lady in her decades-long struggle with osteoporosis. She founded the first self-help group for osteoporosis in Canada and abroad, from which others have started, so that a network of groups now exists. Her pain, suffering, courage and determination are all part of this half hour biographical story of a very special lady. Also available on VHS or Beta.

Canadian Council on Social Development
Box 3505, Station C
Ottawa, Ontario
K1Y 4G1

Cost: to be determined

NEWSLETTERS

1. **Bellringer Newsletter**

   Bi-monthly publication focuses on news and related activities for mental health programs. Included is spread sheet used as a forum for self-help groups.

   Sacramento Self-Help Clearinghouse
   Mental Health Association
   5370 Elvas Avenue
   Sacramento, California 95819

   Cost: $15.00 (U.S.) yearly; $5.00 (U.S.) for students and seniors.

2. **Clearinghouse Clips**

   Newsletter for and about self-help groups within Niagara County, New York.

   Niagara Self-Help Clearinghouse
   Mental Health Association
   151 East Avenue
   Lockport, New York 14094

   Cost: send stamped, self-addressed envelope.

3. **Connect**

   A bi-monthly newsletter that reports on self-help and community activities/information. Contains sections on developmental disabilities and other situations/issues that self-help groups address.

   Schuyler Chemung Self-Help Clearinghouse
   Economic Opportunities Program, Inc.
   207 South Catherine Street
   Montour Falls, New York 14865

   Cost: postage only

4. Connections

A newsletter sent out three times a year with information about the Network's activities, new groups, community events, and helpful articles about self-help group development.

Connecticut Self-Help/Mutual Support Network
19 Howe Street
New Haven, Connecticut 06511

Cost: $10.00 (U.S.) per year (includes Directory)

5. The Greater Washington Self-Help Coalition Newsletter

A newsletter providing information on the activities of self-help groups, contacts for new and developing self-help groups, other self-help resources (news of workshops, training sessions, books, etc.)

The Greater Washington Self-Help Coalition
c/o Mental Health Association of Northern Virginia
100 North Washington Street, #232
Falls Church, Virginia 22046

Cost: free to members of the Coalition

6. Schenectady Self-Help Newsletter/Calendar

The newsletter has a dual role. First it provides up-to-date information on self-help issues from a local, state, national and international perspective. Secondly, this newsletter features a health education calendar which highlights preventative health events sponsored in the Schenectady county area.

Schenectady Self-Help Clearinghouse
c/o Human Services Planning Council
432 State Street, Room 220
Schenectady, New York 12305

Cost: Newsletter Subscription - $10.00 (U.S.) per year
Memberships - $15.00 (U.S.) per year

7. Initiative

A quarterly national newsletter on the theme of self-help/mutual aid. Stories, news, calendar events, forum, and resources all are part of a product that has become a useful vehicle of enrichment for the entire self-help community.

Canadian Council on Social Development
Box 3505, Station C
Ottawa, Ontario
K1Y 4G1

Cost: free in Canada
$5.00 (U.S.) for other countries

8. Mutual Help Resource Help Center Newsletter

A regular newsletter of articles, updates, announcements and news for those interested in mutual help/self-help.

Minnesota Mutual Help Resource Center
919 Lafond Avenue
St. Paul, Minnesota, 55104

Cost: free

9. Notebook

Lively and personal day-to-day doings of the oldest self-help clearinghouse, established in 1964. Includes updates to the directory, new group listings, and articles about specialized groups.

Self-Help Information Service
1601 Euclid Avenue
Lincolin, Nebraska 68502

Cost: $10.00 (U.S.) per year

10. **Newsletter of the Bay Area Self-Help Clearinghouse**

Lists updates to Whole Self-Help Directory, those who are looking for a group, self-help news and research, an advice column, and serves as a forum for local self-help group communication.

Bay Area Self-Help Clearinghouse
c/o Mental Health Association of San Francisco
2398 Pine Street
San Francisco 94115

Cost: included with purchase of directory, membership in the Clearinghouse, or by request.

11. **The Self-Help Exchange**

The Self-Help Exchange is a regularly produced newsletter highlighting self-help news and features in efforts to better inform the local community about S.H.I.N.E., self-help, and the people working to keep it recognizable and respected throughout the region. The current mailing list reaches out to human service professionals, local administrators, clergy, media representatives and self-help advocates.

S.H.I.N.E.
255 North Washington Avenue
Park Plaza - Lower Level
Scranton, Pennsylvania 18503

Cost: $1.00 (U.S.)

12. **The Self-Help Exchange, Special Community Edition**

In the autumn of 1986, S.H.I.N.E. distributed over 3000 copies of a special community journal in efforts to reach a larger audience than it normally recognizes. The twelve-page magazine reports on the value found in self-help from both the professional and advocate perspective, and the development and purpose of S.H.I.N.E., our regional clearinghouse. Numerous features are included on the over 120 groups and group members presently serving Lackawanna County/Northeast Pennsylvania. Highlighted sections include drug and alcohol abuse, mental health, physical health and parenting features.

S.H.I.N.E.
255 North Washington Avenue
Park Plaza - Lower Level
Scranton, Pennsylvania 18503

Cost: $1.00 (U.S.), limited copies available

13. **Self-Help Line**

A newsletter which provides information on group activities, new groups developments at the state level, and tips on group organization.

Self-Help Clearinghouse of Onondaga County
c/o The Volunteer Center, Inc.
115 East Jefferson Street
Syracuse, New York 13202

Cost: free

14. **Self-Help Network Newsletter**

Periodic newsletter of the Network with information about new groups, new services and events of interest.

Self-Help Network
Wichita State University
Campus Box 34
Wichita, Kansas 67208

Cost: Included in membership fees. Free for other clearinghouses.

15. Self-help Reporter

The Self-Help Reporter is an 8-page newsletter that has been serving the self-help community since 1977. The Reporter includes articles on new self-help groups, activities of existing groups, trends in the self-help movement, tips on how to enhance the effectiveness of groups, reports on research into self-help, reviews of books on self-help themes, discussions of the roles of professionals in self-help groups, and listings of self-help groups and local clearinghouses. Submission of items for possible publication is also welcome.

National Self-Help Clearinghouse
City University of N.Y. Graduate Center, Room 1206A
33 West 42nd Street
New York, New York 10036

Cost: $10.00 (U.S.) per year for four issues

16. Self-Help Update

Newsletter providing information on new groups in the five boroughs of New York City, articles on activities of established groups and information on the clearinghouse activities and projects.

New York City Clearinghouse
1012 8th Avenue
Brooklyn, New York 11215

Cost: $10.00 per year for four issues.

17. Self-Helper - The California Self-Help Center Quarterly for Support Group News

Issues of interest to the self-help group community and interested professionals, including self-help group profiles, advice on group communication and management, research news and other topical self-help subjects.

California Self-Help Center
U.C.L.A. Psychology Department
405 Hilgard Avenue, Franz Hall 2349
Los Angeles, California 90024

Cost: free to clearinghouses

18. Today

A newsletter with information about self-help groups in Erie County, New York.

Erie County Self-Help Clearinghouse
Mental Health Association of Erie County
1237 Delaware Avenue
Buffalo, New York 14209-1490

Cost: free

19. Update

A clearinghouse newsletter published four times per year to update self-helpers, professionals, and community agencies on activities of the Berrien County Self-Help Clearinghouse. It is interactive in soliciting reader participation. The purpose of the newsletter is to promote the development of self-help groups by facilitating experiences exchange and through networking.

Center for Self-Help
Riverwood Community Mental Health Center
1485 M-139
Benton Harbor, Michigan 49022

Cost: No subscription cost at this time.

20. **Mailbag**

A quarterly newsletter on the work of the Council.

Family Life Education Council
223-12 Ave S.W.
Calgary, Alberta
T2R 0G9

Cost: free

RESOURCE LIBRARIES

1. Bay Area Self-Help Clearinghouse
   c/o Mental Health Association of San Francisco
   2398 Pine Street
   San Francisco, California 94115

   Library of local self-help group newsletters, journal articles, manuals and books on self-help. Pamphlets and articles available for cost of copying and postage.

2. Center for Self-Help
   Riverwood Community Mental Health Center
   1485 M-139
   Benton Harbor, Michigan 49022

   Resource library of self-help books and articles. Specific articles available for cost of printing and postage.

3. Saskatchewan Self-Help Development Unit
   410 Cumberland Avenue North
   Saskatoon, Saskatchewan
   S7N 1M6

   Resource files on local, provincial and national self-help groups, sponsoring agencies and community agencies. Library of self-help research articles, books on self-help issues, and research data on self-help groups. Specific articles and information sheets available for the cost of printing and postage.

4. The Self-Help Center
   1600 Dodge Avenue
   Evanston, Illinois 60201

   A comprehensive resource collection and library which contains materials on self-help groups and organizations nationwide, as well as research reports and other scholarly publications on self-help/mutual aid. The library is a resource to the public, self-help organizations, professionals and researchers throughout the nation.

Other Publications on Self-Help Available from the CCSD

The Self-Help Way: Mutual Aid and Health
by Jean-Marie Romeder, with contributions from Hector Balthazar, Andrew Farquharson and Francine Lavoie
Foreword by C. Everett Koop, former U.S. Surgeon General
1990 158 pp. $15.00 (paper)
$25.00 (hardcover)

This book provides a comprehensive look at the remarkable growth and development of self-help groups and the vital role they play in the lives of an increasing number of people. It probes into the dynamics of "the self-help way," which fosters equality, mutual respect, support and understanding. Group members gradually learn to overcome their problems, improve their well-being, and experience empowerment -- all part of a process that leads to greater personal freedom.

The Self-Help Way also examines numerous other facets of the self-help/mutual aid phenomenon, including self-help networks and clearinghouses, research findings, professional training needs, and ways in which self-helpers and professionals can learn to relate to each other. This informative work makes a unique contribution to understanding the increasingly important role of self-help groups in our society. It will be of interest to the general public and to professionals in health and social services.

Helping You Helps Me: A Guide Book for Self-Help Groups
by Karen Hill, revised and updated by Hector Balthazar
1987 88 pp. $4.00

One of the most popular and useful books on self-help published in the past ten years. A practical guide to starting and maintaining a self-help group. Leadership, membership, recruitment, fund-raising, problem-solving and decision-making are among the more than twenty topics covered. Revised edition.

Resources for Self-Help: Materials held by NVO's in Canada
by Judith Burns and Svetlana Lenko, with Hector Balthazar
1989 110 pp. $10.00

This catalogue contains detailed listings of materials relating to self-care, self-help and mutual aid held by over 100 national voluntary organizations in Canada. It is an excellent resource for any information service or service organization dealing with self-help and mutual aid. With a remarkable variety of materials to choose from -- books, brochures, newsletters, research papers, audio presentations and video cassettes -- the catalogue lists the names of the organizations together with their addresses and telephone numbers. An indispensable guide to self-help resources in Canada!

Report of the Conference on Self-Help/Mutual Aid
by Andrew Aitkens
1987 30 pp. $3.50
This report summarizes the proceedings of a 1987 conference on self-help held in Ottawa. The focus of discussions was the development of self-help curricula in professional schools, and self-help clearinghouses, both critical areas in establishing self-help as a legitimate part of the social and health care support systems.

To order CCSD publications, write to:

CCSD, Publications Department
P.O. Box 3505, Station C
55 Parkdale Avenue
Ottawa, Ontario
K1Y 4G1

or call: (613) 728-1865

Please add 10% to cover postage and handling.
All orders under $50.00 must be prepaid.

The Canadian Council on Social Development

Membership Information

AS A MEMBER OF THE COUNCIL,

- you support work aimed at improving our social and economic environment;
- you participate in a network of people who share your social commitment;
- you are continuously informed of innovative ideas and major developments as they occur.

YOU ARE ENTITLED TO:

- **Perception**, our bilingual magazine on social development;
- Three quarterly national newsletters
  Overview, a review of social issues, trends and programs in Canada,
  Initiative, serving the self-help community;
  Vis-à-vis, exploring developments in the field of family violence;
- Preferential rates for participation in Council conferences and workshops;
- Information on new publications;
- The Council's annual report;
- Voting privileges at annual meetings;
- 20% off our regular prices for books and reports.

Membership Fees	
Individuals:	
• Students	$10
• Participating	$50
• Sustaining	$75
Organizations:	
Annual budget	
• less than $100,000	$ 75
• $100,001 to $300,000	$125
• over $300,000	$200
• Affiliate	$500
Libraries:	$50
Municipalities:	
• per 1,000 population (minimum fee $100	$2.50

To become a member, provide us with your name, the name of your organization (if applicable), complete address, membership category, and send along with your cheque to: CCSD Membership Services, 55 Parkdale Avenue, Ottawa, Ontario, K1Y 4G1. Telephone: (613) 728-1865.

The CCSD is a non-profit organization registered under the Tax Act relating to charities, tax receipts are issued for all donations and financial contributions.

Le Conseil canadien de Développement social

Les adhésions

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- vous appuyez des efforts visant à améliorer notre contexte social et économique;
- vous faites partie d'un réseau de personnes partageant votre engagement social;
- vous êtes tenu(e) au courant des idées innovatrices et de l'actualité.

DE PLUS, VOUS RECEVEZ:

- **Perception**, notre revue bilingue de développement social;
- trois bulletins trimestriels nationaux
  Perspectives, qui examine les questions, tendances et programmes sociaux au Canada;
  Initiative, qui s'adresse aux réseaux d'entraide;
  Vis-à-vis, qui fait le point sur l'actualité en matière de violence familiale;
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Pour devenir membre, veuillez envoyer votre nom, celui de votre organisme (le cas échéant), votre adresse complète, la catégorie d'adhésion et votre chèque à l'adresse suivante: CCDS, Services aux membres, 55, avenue Parkdale, Ottawa (Ontario) K1Y 4G1. Téléphone: (613) 728-1865.

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